



PHYSICAL FITNESS



**The ability to function effectively
in physical
work, training, and other
activities and still
have enough energy left over to
handle any
emergencies which may arise.**

**(FM 21-
20)**



COMPONENTS OF FITNESS



- **Cardiorespiratory
Endurance**
- **Muscular Strength**
- **Muscular Endurance**
- **Flexibility**
- **Body Composition**



MOTOR FITNESS COMPONENTS



Speed

Agility

**Eye-Hand
Coordination**

Eye-Foot Coordination

Muscle Power



PRINCIPLES OF EXERCISE



Regularity

Progression

Balance

Variety

Specificity

Recovery

Overload



FITT FACTORS



- **Frequency**
- **Intensity**
- **Time**
- **Type**



PHASES OF CONDITIONING



- **Preparatory**
- **Conditioning**
- **Maintenance**



SEVEN-STEP PLANNING PROCESS



STEP 1: Analyze the Mission

STEP 2: Develop Fitness Objectives

STEP 3: Assess the Unit

**STEP 4: Determine Training
Requirements**

STEP 5: Develop Fitness Tasks

STEP 6: Develop a Training Schedule

STEP 7: Conduct and Evaluate Training



STEP 6: DEVELOP A TRAINING SCHEDULE



- 1. Determine the minimum frequency of training.**
- 2. Determine the type of activity.**
- 3. Determine the intensity and time of the selected activity.**



FOUR-WEEK TRAINING SCHEDULE/MONTH 2



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	A: Confidence Obstacle Course D: 90 Min I: 70-90% MHR/ TMF	A: Ability Group Run D: 2 miles I: 70% MHR	A: Push-up/Sit-up Improvement D: 45 Min I: TMF	A: Road March D: 2 hours I: 6 miles @ 20 min/mile w/ 30 lb ruck, weapon, LCE, softcap	A: Individual Movement Tech. Circuit D: 40 Min I: 80% MHR/ TMF	
	A: TOC Equip Circuit D: 50 Min I: TMF/80% MHR	A: Ability Group Run D: 3 Miles I: 75% MHR w/100 Push-ups and Sit-ups	A: Sandbag Circuit D: 60 Min I: TMF/70% MHR	A: Aquatic Calisthenics D: 45 Min I: 70-90% MHR	A: Weight Training for Performance D: 75 Min I: TMF	
	A: Ability Group Run D: 3 miles I: 75-80% MHR w/ 150 Push-ups and Sit-ups	A: Bayonet Assault Course I: 80-90% MHR/ TMF BDU + Boots	A: 1000m Swim D: 45 Min I: 70-90% MHR	A: Litter Relays D: 60 Min I: 70-90% MHR TMF BDU + Boots	A: Cross Country Run D: 40 Min I: 70% MHR BDU w/ athletic footwear of choice	
	A: Log Drills D: 60 Min I: TMF (Anaerobic power)	A: Interval Training D: 60 Min I: As per 2 Mile Run Breakdown 5 X 400m with Flexibility Improve. Training	A: Rifle Drills B: 60 Min I: TMF/70% MHR	A: Road March D: 105 min I: 6 miles @ 17.5 min/mile w/ 30lb ruck, weapon, LCE, softcap	A: Single Station Machine Circuit to Music D: 60 Min I: TMF/80% MHR	



GENERAL RULES



- **Don't progress more than 5-10% per week for MSE.**
- **Don't progress more than 10% per week for CR.**
- **Every day is a recovery day.**
- **Include combined training events (CR and MSE).**
- **Do not limit CR just to running.**



SPECIAL POPULATIONS



- **Medical Profile**
 - Injury
 - Pregnancy
- **Overweight**
- **APFT Failure**
- **Recent Arrivals**



PROFILE PT*



- 1. CR: low impact-stationary cycle, walking, rowing machine and aquatics.**
- 2. MS: sympathetic stimulation and use of strength training machines.**
- 3. ME: Aquatics, surgical tubing, calisthenics and conditioning drills.**
- 4. FLEX: static, passive and PNF techniques.**
- 5. BC: calculate caloric intake vs expenditure.**

***Remember rules #1 and #2**



OVERWEIGHT



- 1. Education on caloric intake vs expenditure**
 - Diet and exercise**
- 2. Long slow duration and low impact activities**
 - Prevent overuse injuries**
- 3. MSE/FLEX**
 - Do not limit overweight soldiers in these areas. Ensure proper progression.**
- 4. Educate and train**
 - Teach, coach and mentor**



APFT FAILURE*



- 1. Progression: Do not exceed 10% per week for CR and MSE training.**
- 2. Balance: Ensure all muscle groups have received training.**
- 3. Recovery: Unit often violates by conducting additional PT. Utilize low impact activities such as aquatics, stationary cycle and strength training machines. These activities will provide variety, as opposed to just push-ups, sit-ups and running.**

***Pay attention to rules 2, 3,
and 4.**



PREGNANCY



- 1. Reference FM 21-20, Appendix A (Physiological Differences).**
- 2. Develop and implement a post-wide pregnancy PT program.**
- 3. Activities should include: low impact exercise,
strength training machines and flexibility training.**
- 4. Do not regulate the pregnant soldier's diet.**
- 5. Always work within the physician's guidelines.**



SPECIAL POPULATIONS*



***It is the MFT's responsibility to develop training programs for special populations that are IAW with the four rules and the seven principle of exercise listed in FM 21-20.**